

## TORTURING PAIN.

Half This Man's Sufferings Would Have Killed Many a Person, But Doan's Cured Him.



A. C. Sprague, stock dealer, of Normal, Ill., writes: "For two whole years I was doing nothing but buying medicines to cure my kidneys. I do not think that any man ever suffered as I did and lived. The pain in my back was so bad that I could not sleep at night. I could not ride a horse, and sometimes was unable even to ride in a car. My condition was critical when I sent for Doan's Kidney Pills. I used three boxes and they cured me. Now I can go anywhere and do as much as anybody. I sleep well and feel no discomfort at all."

A TRIAL, FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price 50c.

## IMPORTANT TOWN IN TIBET.

Inhabitants of Gyangtse Are Chiefly Religious Devotees.

Gyangtse, which is distant 213 miles from the Indian frontier and 134 miles from Lassa, is a large and important town with a network of irrigation channels. The town, which is over two miles in circumference and contains 1,000 houses, is situated about two small hills, which lie east and west. On the western hill is a collection of massive walls, keeps and bastions covering the whole surface of the rock, 500 feet high and 400 yards long. On the western hill is a monastery of 600 monks, with a lofty temple nine stories high, which is considered by the Tibetans a particularly holy place. Surmounting the edifice is a gilt dome and from here a magnificent view is to be had of the town and surrounding mountains. Inside the temple are numbers of niches, filled with images of Buddha and of saints. The town and the surrounding country swarm with monasteries, in one of which Chandra Das, an Indian traveler, found 500 monks engaged in divine service and 200 more reading the sacred books, while on each side of the image of Buddha were four rows of monks, twenty in each, with hundreds of butter-fed lamps burning in front of them.

## Reasons Three, and There Are Others.

"Why I consider Cheatham's Laxative Tablets the best remedy for Chills, Biliousness and Malaria: First, they cure; second, never any bad results; third, easy to carry, pleasant to take.

"I carry them always. I take them often. They made me well. They keep me well."

CHAS. E. ROGERS,  
Hartshorne, I. T.

Price 25c.

## Irrigation in Kansas.

Great state, Kansas! There is neither a mountain nor a marsh in all her length and breadth of 82,000 square miles. One-third of her area is almost a barren steppe, owing to lack of rain. Irrigation will make the dry prairies a veritable "garden of the west," raise the Kansas corn crop to 300,000,000 bushels and increase her live stock valuation to \$180,000,000.—New York Press.

## For Your Perfect Comfort

At St. Louis Exposition, which is very severe upon the feet, remember to take along a box or two of ALLEN'S FOOT-EASE, a powder for Hot, Tired, Aching, Swollen, Sweating Feet. 30,000 testimonials of cures. Sold by all Druggists, 25c. DON'T ACCEPT A SUBSTITUTE

## The Halo and the Straw Hat.

An inventory clerk of a large London firm was put on to catalogue some pictures for a sale. One represented a saint with halo complete. He entered it as "Portrait of elderly gentleman in straw hat."



## Week Old Cream.

The buttermaking business of today is an entirely different proposition from what it was five years ago as the hand separator has made it necessary to use many new and different methods than when nothing but whole milk was received at the factory. In the first place, cream which is a week old ought not to be accepted by any creamery, no matter whether it is a co-operative creamery or a central plant. But competition is so fierce that it is accepted, and this puts a premium upon old cream, because the farmer isn't going to deliver his cream any oftener than is necessary to enable him to get the same price as the farmer who delivers his cream daily. It is my opinion that it is a mistake to mix week old cream with cream which is one or two days old, and in good condition, and I recommend that this old cream be pasteurized, heating it to as high a temperature as possible without giving the cream a cooked flavor, and then cool it to about 65 degrees, then add a good commercial or home-made starter and then cool it down to about 50 degrees. The churning temperature varies with the season of the year from 60 degrees in the winter to 52 in the summer. Care should be taken not to overchurn the butter, then draw off the buttermilk, add the wash water, revolving the churn two or three times, being careful not to roll the butter so as to make it chunky, then drain off the wash water and work the butter until the salt is entirely dissolved. I have made some experiments and at the present time am investigating several new ideas, but, as yet, none of them have proved a success, and if it is going to be impossible to force the farmer to bring his cream oftener than once a week, it is my opinion that in the due course of time our men who are inventors in dairy apparatus and dairy preparations will discover some piece of machinery or some chemical which will be of great assistance, but until that time our only salvation is to labor with the farmer and show him how it is an impossibility to make extras out of cream which is a week old.—J. H. Brockway.

## Feed Improves Breeds.

It has been frequently remarked that dairy breeds of cattle improve when they come to this country. Major Alvord, on his return from a visit to the Islands of Guernsey and Jersey, said that we have better Jerseys and Guernseys than are to be found on those islands, they having improved in our hands. Incidentally he mentions that the pasturage there is high in price and the cows have to be tethered. This indicates that they have not the abundance of food to be found in this country. Doubtless the increase in size in both Guernseys and Jerseys is due to their more abundant supply of food stuffs. This indicates that we have the molding of breeds to a large extent in our own hands. One thing is certain and that is that it does not do to starve animals in any degree. They may not show it at once, but it will appear in the course of generations. In fact, the increase in size has been a matter of generations and not of a few years. It was not till the animals had been in this country several years that it was noticed that their size was surely increasing. This was more readily brought about naturally by the fact that the Jerseys and Guernseys that were first imported fell into the hands of intensive feeders who fed them to make the most possible out of them. Had these animals been given the same scrub care that some of our animals receive they would not have shown the development that we now see in them.



Mrs. Rosa Adams, niece of the late General Roger Hanson, C. S. A., wants every woman to know of the wonders accomplished by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot tell you with pen and ink what good Lydia E. Pinkham's Vegetable Compound did for me, suffering from the ill peculiar to the sex, extreme lassitude and that all gone feeling. I would rise from my bed in the morning feeling more tired than when I went to bed, but before I had used two bottles of Lydia E. Pinkham's Vegetable Compound, I began to feel the buoyancy of my younger days returning, became regular, could do more work and not feel tired than I had ever been able to do before, so I continued to use it until I was restored to perfect health. It is indeed a boon to sick women and I heartily recommend it. Yours very truly, Mrs. ROSA ADAMS, 819 12th St., Louisville, Ky."



Any women who are troubled with irregular or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, general debility, and nervous prostration, should know there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound. No other medicine for women has received such wide-spread and unqualified indorsement. No other medicine has such a record of female cures.

"DEAR MRS. PINKHAM:—I am very pleased to recommend Lydia E. Pinkham's Vegetable Compound for womb and ovarian difficulties from which I have been a sufferer for years. It was the only medicine which was at all beneficial, and within a week after I started to use it, there was a great change in my feelings and looks. I used it for a little over three months, and at the end of that time I suffered no pain at the menstrual period, nor was I troubled with those distressing pains which compelled me to go to bed, and I have not had a headache since. This is nearly a year ago. I always keep a bottle on hand, and take a few doses every week, for I find that it tones up the system and keeps me feeling strong, and I never have that tired out feeling any more.

"I certainly think that every woman ought to try this grand medicine, for it would prove its worth. Yours very truly, Miss ELSIE DANFORTH, 203 De Soto St., Memphis, Tenn."

## FREE MEDICAL ADVICE TO WOMEN.

Don't hesitate to write to Mrs. Pinkham. She will understand your case perfectly, and will treat you with kindness. Her advice is free, and the address is Lynn, Mass. No woman ever regretted having written her, and she has helped thousands.

**\$5000** FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

## Is There?

Life, of course, is made up of incongruities, but is there anything more incongruous than the sight of a man with billygoat whiskers wearing a high hat, or a washerwoman hanging out her clothes on the roof of a building in the heart of New York's financial district?

## Governments Protect Quail.

Quails are becoming so scarce that both France and Germany have absolutely prohibited their killing.

## Legend on a Man's Arm.

"Falsehood, thy name is woman," is tattooed on the arm of a convict who has just escaped from prison in Gratz. The police have advertised a description of him, of which the above tattoo mark is the most salient feature.

## Effect of Canceling.

Owing to constantly living in cages a race of dwarfs in British New Guinea are losing the use of their legs, while their chests and arms are abnormally developed.